

KETONE SALTS EXPLAINED  
by Mary T. Newport MD – January 2017

Ketone salts AKA Keto//OS were developed and tested at the University of South Florida in the labs of Dr. Dominic D'Agostino and just became widely available in 2016 through network marketing by Pruvit.

Ketone salts are carefully formulated and contain the actual ketone betahydroxybutyrate bound to sodium, calcium and magnesium and can increase ketone levels much higher than coconut or MCT oil and could bring about even more improvement. Using ketone salts could be part of the overall strategy to raise ketones, keeping coconut and MCT oil as the foundation.

Ketone salts are now widely used by people with a variety of conditions who are reporting positive responses, including brain fog, memory impairment, sleep problems, low energy, and conditions caused by inflammation (ketones are anti-inflammatory in addition to providing alternative fuel to the brain and other organs). Many people have reported substantial fat loss, especially when combined with a low carb diet and without hunger (ketones can suppress appetite and encourage fat loss by reducing glucose and insulin levels and stimulating fat breakdown). World class athletes and body builders are using ketone salts to enhance physical performance.

A healthy person could take a full serving of Pruvit Keto//OS or KetoMax right away. For elderly people or those with chronic medical conditions I recommend getting doctor's approval, so that electrolytes can be monitored and I suggest starting slowly - 1 or 2 teaspoons once or twice a day and increasing gradually over a week or two as tolerated to 1/2 to 1 serving daily, or more as tolerated. Also very important - the person taking the salts needs to be able to drink plenty of fluids to avoid a dehydrating effect of raising ketones.

The Keto//OS 2.1 orange dream flavor is the ketone betahydroxybutyrate PLUS MCT oil powder with mild orange flavor and stevia. Works well in hot or cold drink - tea (cold or hot), water or sparkling water. I know someone who doesn't like it as a drink but puts it into Jello!!

The Keto//OS 3.0 chocolate swirl has a light chocolate flavor and contains the ketone betahydroxybutyrate but NO MCT. It does contain certain amino acids that help maintain muscle mass.

The KetoMax is Hawaiian punch flavor and is probably the best at elevating ketone levels the highest. Can be used in cold or hot drinks. It is the more bio-available form of betahydroxybutyrate called the D-form. Also has no MCT. KetoMax will be coming out in a "hot cocoa" flavor soon.

KetoKreme is a combination of coconut and MCT powder (no betahydroxybutyrate) with stevia and cinnamon that you can put into a warm drink like coffee or tea. I use this one myself in the morning in coffee and love it.

The most economical way to buy the ketone salts is a 30 day serving supply in a can which comes with a one serving scoop. One scoop contains about 8 level teaspoons of the ketone salt powder, so if someone starts with one or two teaspoons as their serving the can could potentially last quite a bit longer than a month. For more information you can link through my website [www.coconutketones.com](http://www.coconutketones.com) to Pruvit or here at [www.marynewport.pruvitnow.com](http://www.marynewport.pruvitnow.com).